

## **KDHE, Kansas Celebrates Women's Health Week**

Women's Health Week was celebrated across Kansas and the U.S. during the week of May 9 - 15, coinciding with Mother's Day on May 9.

Kansas Department of Health and Environment Secretary Roderick Bremby urges all Kansans to be aware of the health care needs of women. Many of the most serious health risks can be reduced by simple behavior changes that a woman can make herself.

The leading cause of death in women is heart disease, which kills 32 percent of all women in the United States. Eight million American women are currently living with heart disease and nearly 500,000 U.S. women die of heart attack or stroke each year. Five risk factors for heart disease are: overweight, physical inactivity, smoking, hypertension, and diabetes mellitus.

Lung cancer is the leading cause of cancer death in women, taking a toll in excess of 600 lives per year in Kansas alone. Smoking is the foremost risk factor for lung cancer. Breast cancer is the second leading cause of cancer death in Kansas women, killing over 350 women in our state each year. Screenings for breast and cervical cancer should be performed routinely to identify any disease in the earliest, most curable stage.



Joining Governor Sebelius in proclaiming Women's Health Week in Kansas were: (l-r) Deb Williams, Pati O'Hara, Kelby Marsh, Dorothy Frager, Billie Williams, Cindy Hasvold, Helen Ljungdahl, Bridgitt Mitchell, Roderick Bremby, and Sharon Watson.

Currently, more than six percent of Kansas adults have been diagnosed with diabetes and the number appears to be increasing each year, with overweight and inactivity both increasing the risk.

Motor vehicle crashes are the leading cause of injury death in women between the ages of 18-43. Motor vehicle deaths could be reduced if all Kansans were to simply buckle their seat belts.

Women are encouraged to use this week to develop a daily exercise routine, to eat five-nine servings of fruits and vegetables each day, and to review their other health practices. Women who are usually inactive can improve their health and well-being by

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exercising moderately on a regular basis. Exercise need not be strenuous to achieve health benefits.

Women interested in quitting smoking can call 1-866-KAN-STOP for free, confidential help. A certified tobacco cessation counselor will take your call.

All women should have annual clinical breast exams and women over 40 need a mammogram every one to two years. Pap tests are usually recommended annually, then once every three years after three consecutive normal Paps.

For women 40-64 who meet liberal income guidelines, have no insurance, or insurance with high, unmet deductibles, the Early Detection Works Program is available for breast and cervical screening services. Early Detection Works screening services are funded by a grant from the Centers for Disease Control and Prevention. For more information on free screenings, call 1-877-277-1368 or check the Web site at <http://www.preventionworkskansas.com/>.

Through the Early Detection Works Program, several local events were scheduled including a *A Ladies Night Out @* in Clay County, sponsored through the Salina Regional Health Center and funded by a grant from Avon. The event focused on nutrition and cancer, for men and women.